

## 2023 SOUTH CAROLINA VARSITY COMPETITIVE CHEER SCALES

### PRIMARY PARTNER STUNT DIFFICULTY:

1 – 2	3 – 6	7 – 10 (unassisted)
<b><u>1 or More Stunt Groups</u></b> -1 basic skill to prep level or below -1 two-leg body position	<b><u>3 or More Stunt Groups</u></b> -1 intermediate skill to extended -1 intermediate skill -2 extended one-leg intermediate body positions  A stunt with intermediate skills that does not meet these requirements will score in the lower range	<b><u>5 or More Stunt Groups</u></b> -2 advance skills to extended -2 extended one-leg advance body positions  A stunt with advance skills that does not meet these requirements will score in a lower range

### PRIMARY PARTNER STUNT TECHNIQUE:

1 – 10
Body alignment, form, synchronization, technique, flexibility, spacing, transitions, obvious mistakes, etc.

### SECONDARY PARTNER STUNT DIFFICULTY:

1	2 – 3	4 – 5 (unassisted)
<b><u>1 or More Stunt Groups</u></b> -1 basic skill to prep level or below -1 one-leg basic body position	<b><u>3 or More Stunt Groups</u></b> -1 intermediate skill to extended -1 extended one-leg intermediate body position  A stunt with intermediate skills that does not meet these requirements will score in the lower range	<b><u>5 or More Stunt Groups</u></b> -1 advance skill to extended -1 extended one-leg advance body position  A stunt with advance skills that does not meet these requirements will score in a lower range

### SECONDARY PARTNER STUNT TECHNIQUE:

1 – 5
Body alignment, form, synchronization, technique, flexibility, spacing, transitions, obvious mistakes, etc.

Skills Examples	
<b>Basic:</b>	Skills to prep level or below
<b>Intermediate:</b>	To extended level: Straight up, inversion, walk-in, half up, j up, etc.      Transition: Leap frog variations, power press, half up, switch up to prep, full up to prep, etc.
<b>Advance:</b>	Full up, 1.5 up, switch up, quick toss, low-high, high-high, etc.

Basic body position: (two-leg at any level) Cupie, extension, etc.

Intermediate body position: Lib, arabesque, etc

Advance body position: Heel stretch, bow & arrow, scorpion, scale, front stretch, etc.

\*Tap down in between skills should be one, quick, smooth tap. A double tap or pause will indicate a new stunt.

\*Two feet on the floor and not just one indicates the beginning of a new stunt sequence.

\*A full up is not advance if more than one base exceeds a quarter turn.

**PYRAMID DIFFICULTY:**

1 – 2	3 – 6	7 – 10
<p><b><u>1 or More Top Persons at Prep Level or Below</u></b>                      -1 basic skill to prep or below                      -1 Structure</p>	<p><b><u>1 or More Top Persons Extended</u></b>                      -3 intermediate skills where 1 of the 3 skills is executed to the extended level                      -2 one-legged extended structures</p> <p>A pyramid with intermediate skills that does not meet these requirements will score in the lower range</p>	<p><b><u>2 or More Top Persons Extended</u></b>                      -4 advance skills where 1 of the 4 skills is executed to the extended level                      -3 one-legged extended structures</p> <p>A pyramid with advance skills that does not meet these requirements will score in a lower range</p>

\*Skill examples are listed under stunts on page 1

\*Exception: Flips that pass through extended level that initiate/end at prep level or below are advance skills

**PYRAMID TECHNIQUE:**

1 – 10
Body alignment, form, synchronization, technique, flexibility, transitions, obvious mistakes, etc.

**STANDING TUMBLING DIFFICULTY:**

1 – 2	3 – 6	7 – 10
<b><u>Basic skills</u></b>	<b><u>Majority of the Team</u></b> Intermediate skills	<b><u>Majority of the Team</u></b> Advance skills
	Less than majority of intermediate skills will be scored in the lower range	Less than majority of advance skills will score in a lower range

Basic: Forward roll, backward roll, back extension, front walkover, back walkover, cartwheel, etc.

Intermediate: Back handspring, aerial, etc.

Advance: Standing tuck, back handspring(s) tuck, back handspring(s) layout, standing full, back handspring(s) full, etc.

\*Majority is at least 13 team members

\*A repeat tumbler does not necessarily count as more than one tumbler.

**STANDING TUMBLING TECHNIQUE:**

1 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.

**RUNNING TUMBLING DIFFICULTY:**

1 – 2	3 – 6	7 – 10
<b><u>Basic skills</u></b>	<b><u>Majority of the Team</u></b> Intermediate skills	<b><u>Majority of the Team</u></b> Advance skills
	Less than majority of intermediate skills will be scored in the lower range	Less than majority of advance skills will score in a lower range

Basic: Round off, running walkover, cartwheel walkover, etc.

Intermediate: Round off back handspring(s), aerial, etc.

Advance: Cartwheel tuck, round off tuck, round off back handspring(s) tuck, round off back handspring(s) layout, round off back handspring(s) full, specialty pass, etc.

**RUNNING TUMBLING TECHNIQUE:**

<b>1 – 10</b>
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.

**JUMP DIFFICULTY:**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b><u>Full Squad</u></b> 1 jump	<b><u>Full Squad</u></b> 2 jumps connected	<b><u>Full Squad</u></b> 2 different jumps connected	<b><u>Full Squad</u></b> 3 jumps connected	<b><u>Full Squad</u></b> 3 different jumps connected

**JUMP TECHNIQUE:**

<b>1 – 5</b>
Technique, flexibility, landing(s), synchronization, position of arms, obvious mistakes, etc.

**DANCE:**

<b>1 – 5</b>
Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc. Technique, timing, synchronization, transitions, formations, spacing, rhythm, energy, confidence, performance, obvious mistakes, etc.

**OVERALL ROUTINE COMPOSITION:**

<b>1 – 10</b>
Transitions, formations, motions, pace, energy, confidence, showmanship, creativity, routine layout, etc.

\*A routine cannot exceed 2 minutes and 30 seconds.